

Formulated By
Dr. Drew Sinatra

Board-certified, practicing naturopathic physician
Dr. Drew Sinatra develops nature-inspired formulas
that promote total body wellness and balance.

Clinically validated licorice extract and prebiotic
fiber along with traditionally used aloe, ginger,
and glutamine are combined in each packet to
help support a healthy gut microbiome!

Support your body with soothing
aloe and ginger extracts

Encourage growth of beneficial
bacteria with nourishing prebiotics

Reduce bloating and abdominal
discomfort with GutGard™
licorice extract!

LIFEBIOME FREE-FROM GUARANTEE



*These statements have not been evaluated by the Food and Drug
Administration. This product is not intended to diagnose, treat,
cure, or prevent any disease.

Gut Soothe provides soothing relief for
digestive discomfort plus potent prebiotics
to fuel the healthy bacteria in your gut.*

- ✓ Gentle on your stomach!
- ✓ Non-habit-forming
- ✓ On-the-go convenience
- ✓ Tastes great—warm or cold!

With **Gut Soothe**, you're
just seconds away from
tearing open a packet for
soothing relief.†

15
ON-THE-GO
PACKETS!

**UNCONDITIONALLY
GUARANTEED** for purity
and labeled potency. Store
carton in a cool, dry place.



gut soothe™

Digestive Relief Complex†



Delicious Apple
Pear Ginger Flavor

Dissolves Easily
in Water!

PREBIOTIC FIBER FUELS THE
GUT MICROBIOME*

LICORICE EXTRACT SOOTHES STOMACH
UPSET AND REDUCES BLOATING*

GENTLE, PLANT-BASED INGREDIENTS
SUPPORT SMOOTH DIGESTION*

Dietary Supplement | **15** Stick Packs | NET WT
9 g (0.3 oz) ea. | 135 g (4.8 oz)

Doctor's Suggested Use: Mix one stick pack into
8-10 fl. oz. of hot or cold water. More water may be
added for your taste preference.

Supplement Facts

Serving Size: 1 Stick Pack (9 grams)
Servings Per Container: 15

Amount Per Serving		% DV
Calories	10	
Total Carbohydrates	4 g	1%†
Glutamine (from fermentation)	3 g	*
Prebiotic Xylooligosaccharide (PreticX®)	2.5 g	*
Deglycyrrhizinated Licorice Extract (Glycyrrhiza glabra, root) (GutGard®)	150 mg	*
Aloe Vera Extract (Aloe barbadensis, inner leaf gel)	100 mg	*
Ginger Extract (Zingiber officinale, rhizome)	50 mg	*

*Percent Daily Values are based on a 2,000 calorie diet.
†Daily Value (DV) not established.

Other ingredients: Malic acid, natural flavor, organic tapioca
maltodextrin, silica, stevia leaf extract

Distributed by Healthy Directions, Bethesda, MD 20817
www.healthydirections.com

Precautions: Consult a health care practitioner if you are
pregnant or nursing, have a serious medical condition, or
use any medications.

Keep out of reach of children.

PreticX® is a trademark of AIDP, Inc.

GutGard® is a trademark of Natural Remedies PVT. LTD.

Due to the nature of these ingredients, color variation may occur.
This package is sold by weight and not by volume.

www.healthydirections.com

1-888-303-7061

Lot No. / Exp. Date



SKU: DGS 02 B13000, 2020 R-1

gut soothe™

Digestive Relief Complex†

"Nature-inspired formulas
to help your gut thrive"

Almost Out? Call
1-888-303-7061
or visit
healthydirections.com

Choose
REFILL & SAVE
Get **FREE** Shipping
Forever

Rip...pour...sip...**Ahhhhh!**